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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 5, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:
:	:
:	Every meal -- Milk for children, bread for all.
:	:
:	:
:	Every day --
:	Two to four times a week --
:	Cereal in porridge or pudding
:	Tomatoes for all
:	Potatoes
:	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children
:	Eggs (especially for children)
:	A green or yellow vegetable
:	Lean meat, fish, or poultry or
:	A fruit or additional vegetable
:	cheese
:	Milk for all
:	:
:	:

COOK FISH WITH MODERATE TEMPERATURE

Fish may not be "brain food," as some people tell us, but it is excellent food for the body. In common with other animal flesh, fish are rich in proteins of high quality. They furnish minerals -- phosphorus, and iodine especially. Some fish, especially the fat kinds, are rich sources of vitamins A and D. Some contain vitamin G.

Fish is cheap as well as nutritious. The price is actually low, and there is not much waste. It is also worth while however, says the Bureau of Home Economics of the U. S. Department of Agriculture, for the housewife to know the kinds available locally and to adopt the best methods of cooking this very nutritious food, for cooking affects the food value as well as the taste and the texture.

One thing to do at the outset, observes the bureau, is to discard, if you have it, the old-time notion that fish and milk are not good together. One of

the best ways to cook fish steaks or fillets is to bake them in milk. Fish chowder (better known to the coasts than to inland communities) is made with milk. Cream sauce is used with scalloped fish, and is served with fish baked or boiled. It is perfectly safe to eat fish and ice cream at the same meal. Milk with anything adds to the food value, and usually improves the flavor.

There are points of another kind to bear in mind in the cooking of fish, according to Mrs. Fanny W. Yeatman, one of the food specialists of the bureau. First of all, she says, "Cook fish at moderate temperature. Fish is a protein food, and high temperature toughens protein. Moderate heat allows the fish to cook evenly, keeps the protein tender, and doesn't drive out the juices. To brown the outside, of course, you may have to start with a higher temperature or increase the heat at the end."

Otherwise, for best results, the method of cooking should be chosen according to the fatness of the fish. The fattest kinds -- herring, salmon, mackerel, shad -- are better broiled or baked. But the lean kinds need fat to give them richness and flavor. They are better fried or baked in milk, or served with a sauce.

For baking fish, Mrs. Yeatman recommends a temperature of about 350 degrees F., which is a moderate oven. If it is a large fish, put it on a rack in the pan just as you would a roast of beef, and don't add water. If the fish itself is not fat and there is danger of its drying out, lay a few strips of salt pork or bacon over the top, or baste it occasionally with melted fat. Fillets of haddock with a well-seasoned breadcrumb stuffing between and bacon on top are delicious this way, she suggests.

To cook fish in water, simmer it, do not boil it, says Mrs. Yeatman -- on the same principle of moderate heat. If it is a large piece of fish, wrap it in a piece of cheesecloth, then put it in the kettle, pour on barely enough water to

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cover, add salt, cover, and cook very slowly. Fish has no tough parts or tissues, so it cooks in a short time. An egg sauce -- that is, sliced hard-cooked eggs in white sauce -- is good with boiled fish. So is a creole sauce with canned tomatoes and green peppers. Left-over fish can be easily reheated in the sauce and served on toast. Or it can be used with vegetables in a fish chowder.

For frying, which to many people's way of thinking, is the best method of cooking fish, Mrs. Yeatman says give the pieces a good coating of flour or corn meal, have the fat hot when the fish is put in, but once the fish is brown, lower the heat and let it cook slowly, uncovered. This will give a crisp brown crust but will not dry out the fish.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk or	23 - 28 qts
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter.	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, etc.,	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal with Raisins - Top Milk
Tomato Juice (baby)
Toast
Coffee (adults) - Milk (children)

Dinner

Curried Fish or Fried Fish
Flaky Boiled Rice
Stewed Tomatoes - Bread and Butter
Canned Apple Sauce
Tea (adults) - Milk (children)

Supper

Potato and Onion Soup
Hot Oatmeal Muffins
Milk for all

Curried Fish

2 pounds fresh cod, halibut, or
other large fish
4 tablespoons butter or other fat
1 tablespoon chopped green pepper,
if desired
1 small onion, chopped

3 tablespoons flour
2 cups liquor from the simmer-
ed fish
1/2 to 1 teaspoon curry powder
Salt to taste
Pepper
2 tablespoons chopped parsley

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan; then drain. Meanwhile melt the fat and cook the green pepper, and onion a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

Baked Fish Steak

2 pounds cod or halibut steak
1/4 cup melted butter or other fat
2 tablespoons lemon juice
1 teaspoon minced onion

1/2 teaspoon salt
Flour
1/4 cup finely chopped parsley

Wipe the fish, remove any bones, and cut it into pieces for serving. To the melted fat add the lemon juice, minced onion, and salt. Dip each piece of fish in this mixture, roll, and fasten with a toothpick. Put the fish rolls in a greased, shallow baking dish, sprinkle with flour, and pour the rest of the fat over the fish. Bake in a moderate oven (350°F.) about 25 minutes. If not sufficiently browned, put under the flame of the broiling oven. Sprinkle the parsley over the fish and serve from the dish.

Broiled Fresh Fish

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

Содержание

1. Введение 1

2. Описание объекта исследования 2

3. Методика исследования 3

4. Результаты исследования 4

5. Заключение 5

6. Литература 6

7. Приложение 7

8. Заключение 8

9. Заключение 9

10. Заключение 10

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9. Заключение 9

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9. Заключение 9

10. Заключение 10

The seal of the United States Department of Agriculture is a circular emblem. It features a central shield with a plow, a sheaf of wheat, and a bundle of cotton. The shield is surrounded by a wreath. The outer ring of the seal contains the text "UNITED STATES DEPARTMENT OF AGRICULTURE" at the top and "DEPARTMENT OF AGRICULTURE" at the bottom. The year "1889" is inscribed on the left and right sides of the inner circle.

RELEASE FOR PUBLICATION
APRIL 12, 1953 (WEDNESDAY)

by

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Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish or poultry
A fruit or additional vegetable	and cheese
Milk for all	

The nutrients in the white of the egg are chiefly proteins and vitamin G. The yolk contains proteins and many other food substances besides. It contains minerals of several kinds -- phosphorus, iron, sulphur, calcium -- in addition to the calcium of the shell, some of which the chick assimilates as bone-making

material. If the hen has the right food, the egg yolk is a rich source of vitamins A and D. Normally it contains also vitamins B. and G.

The presence of vitamin D. makes egg yolk especially important as food for children. This is the vitamin that is necessary, along with milk, for proper bone development and to prevent the children's disease known as rickets. Egg yolk is one of the few common foods that contain vitamin D in considerable quantities.

The unusual food value of eggs makes then an exceptional bargain when prices are down as at present. Eggs are a good main dish at any meal. Or an egg dessert, such as custard, makes it possible to do with a less substantial main dish than would otherwise be needed. Egg salad, egg sandwiches, sauces or salad dressing made with eggs -- all these add materially to the food value of a meal, and to the variety also.

As a variation from fried eggs, poached eggs, scrambled eggs and omelets, the Bureau of Home Economics suggests baked eggs and cheese, cheese souffle, eggs creole, shirred eggs on greens, curried eggs, baked eggs and rice in tomato sauce. Then, for desserts, there is a rich bread pudding. Fruit whips -- always attractive and nutritious desserts -- are inexpensive when eggs are cheap. They can be made of any fruit pulp of pronounced flavor and color, but prune and apricot whips are favorites. Heat the fruit pulp to dissolve the added sugar, and combine while hot with the stiffly beaten egg whites so as to cook the eggs partially and give body to the mixture. After the fruit pulp has been combined with the egg whites and sugar, the mixture may be baked if desired. When baked in a dish surrounded by water in a very slow oven (225 to 250°F.) for about one hour, the whip should not fall, and may be served either hot or cold. Or fruit whips may be served as soon as mixed without cooking.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal - Top Milk
Mush Fried in Bacon Fat - Syrup
Tomato Juice (baby)
Coffee (adults) - Milk (children)

Dinner

Shirred Eggs on Spinach
Potatoes boiled in skins
Bread and Butter
Milk for Children

Supper

Canned Lima Beans
Bread and Butter
Spiced Canned Peaches
Milk for all

RECIPES

Shirred Eggs on Spinach

1 pound spinach, chopped fine	Pepper
1½ cups dry bread crumbs	5 eggs
½ teaspoon salt	¼ cup grated sharp cheese

Heat the spinach, stir, and cook for about 2 minutes. Add the salt, 1 cup of the bread crumbs, and pepper if desired. Spread the spinach in 2-inch layer in a greased shallow baking dish or pan. Break the eggs on top of the spinach, and cover with the remaining crumbs which have been mixed with the cheese. Bake for about 15 minutes in a moderate oven (350° F.) or until the eggs are well set and the crumbs brown. Serve at once.

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY

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Poached Eggs on Toast with Savory Sauce

Toast slices of bread. Place on each piece of toast a thin slice of crisp cooked bacon, and on top of this a poached egg. Cover with hot sauce and serve at once. Make the sauce with the bacon fat, milk and flour, and add a little chopped green pepper if desired.

Custard Bread Pudding

1 quart milk	2 tablespoons butter
2 cups soft bread crumbs	1 cup seedless raisins
1/2 cup sugar	1 teaspoon vanilla
1/4 teaspoon salt	4 eggs

Scald the milk bread crumbs, sugar, salt, and butter in a double boiler. Pour some of the hot mixture into the beaten eggs, reserving 2 whites for the meringue. Combine all the other ingredients, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven (350°F.) for about 1 hour, or until the pudding is nearly firm in the center. When the pudding has partially set, stir well so the raisins will be through the pudding rather than at the bottom of the dish. To make the meringue add 2 tablespoons of sugar to each well beaten egg white, and add a dash of salt and vanilla. Cover the pudding with the meringue and put in a very moderate oven (about 325°F.) for 15 to 20 minutes, or until lightly browned. Serve hot or cold garnished with bits of tart red jelly.

Eggs Creole

2 tablespoons chopped onion	1 green pepper, chopped;
2 tablespoons fat	or chopped parsley
1 tablespoon flour	Salt and pepper to taste
2 cups canned tomatoes	

Cut hard-cooked eggs in quarters, place them upon a bed of hot flaky cooked rice, and cover with a sauce made of the ingredients listed.

To make the sauce cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes and simmer for about 20 minutes. Add the green pepper or parsley, salt and pepper, and serve.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 19, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- milk for children, bread for all

Every day --

Two to four times a week --

: Cereal in porridge or pudding	:	Tomatoes for all
: Potatoes	:	Dried beans and peas or peanuts
: Tomatoes (or oranges) for children	:	Eggs (especially for children)
: A green or yellow vegetable	:	Lean meat, fish, or poultry or
: A fruit or additional vegetable	:	cheese
: Milk for all	:	

HOSPITALITY AT LOW COST

When Mrs. Franklin D. Roosevelt visits the Girl Scout House in Washington next Saturday (April 22) she will be served with a three-course luncheon the Girl Scouts themselves have prepared at a cost of about 15 cents per plate. The girls have been "practicing up" for the occasion under guidance of the Bureau of Home Economics of the U. S. Department of Agriculture. The menu will be --

Tomato Juice -- Whole Wheat Crackers (homemade)

Ground Beef broiled on Toast
Five-minute Cabbage

Sponge Cake with Fresh Strawberry Sauce

Coffee

By this meal, the bureau points out, the Girl Scouts are demonstrating the possibility of a very pleasant kind of inexpensive hospitality. Simple meals, well cooked and attractively served, can always be interesting, and home entertaining

does not necessarily have to stop with lowered incomes. This menu is substantial, palatable, and not costly. It can be purchased within the limits set by a very modest income, and is such as might be served to guests in any home.

Or it could very well constitute the family dinner. The cost represents purchases in quantity for 8 persons. Buying in larger quantities might reduce the cost. The figure -- 15 cents at Washington prices, which are among the high city prices in the United States -- would be less in many communities.

As to food value, this menu includes all the kinds of food necessary for health. It is simple, easily prepared and easily served, and illustrates several important principles of cookery and food economy.

The crackers are prepared from a recipe worked out for extension agents to use in communities where there was more wheat than money to buy crackers -- and crackers were needed to use with the homemade peanut butter. They are equally good with tomato juice.

Ground beef is economical because it can be purchased in exactly the quantity needed, there is no waste, and when it is broiled on toast all the juices of the meat are saved. The short cooking period for the cabbage allows it to retain practically all the food values of the raw vegetable, and to this are added the food values of the milk with which the cabbage is cooked. The sponge cake is nutritious because of the eggs with which it is made, and it is economical at this season of the year when eggs are cheap. The strawberries add color and flavor as well as protective food values.

Six Girl Scouts will take part in the preparation of this luncheon. They have cooked and served it twice for practice, and next Saturday they will cook and serve it for the First Lady of the Land and other invited guests.

Whole-Wheat Crackers

2 cups finely ground
whole wheat
1 $\frac{1}{4}$ teaspoons salt

3 tablespoons solid fat
6 tablespoons water
Flour

Mix the dry ingredients and cut in the fat with a biscuit cutter. Add sufficient water to make a stiff dough, and shape with the hands into a smooth ball. Allow it to stand for about 10 minutes, then take a portion at a time, roll into a thin sheet on a lightly floured board, and cut into small squares or rectangles. Bake in a hot oven (400°F.) for about 20 minutes.

Ground Beef Broiled on Toast

1 pound ground raw beef
8 slices bread

Butter
Salt and pepper to taste

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

Five-Minute Cabbage

2 cups milk
2 quarts shredded cabbage
1/2 cup top milk
3 tablespoons flour

3 tablespoons melted butter
Salt
Pepper

Heat the milk and cook the cabbage in it for 2 minutes. Add the top milk, the blended flour and fat, and the seasonings, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

Sponge Cake with Fresh Strawberry Sauce

4 eggs
1 cup sugar
3 tablespoons cold water
1 cup sifted soft-wheat flour

1 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon lemon juice
1 quart fresh strawberries

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, add the flavoring, and bake in a slightly greased square pan in a very moderate oven (325°F.) for 45 to 50 minutes.

Crush the strawberries, add a little salt and add sugar to taste. Mix well and allow to stand for an hour or more before serving. Serve the cake in square portions with sauce poured over each.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 26, 1933 (WEDNESDAY)

THE MARKET BASKET

by
the Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day--	Two to four times a week--
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

CHILD HEALTH AND THE CHILD'S FOOD

Each year of the depression has emphasized the importance of our new kind of May Day, now set apart by Presidential proclamation as Child Health Day. Many people believe that by constantly calling attention to child health, through this and other means, the Government has prevented some of the worst of the permanent harm the depression might otherwise have caused. Never before was the community so conscious of the needs of children. It knows that the undernourished child is more likely to become the victim of tuberculosis and is more susceptible to other infections both in childhood and later years. It realizes that malnutrition which causes rickets may handicap a child for life. Lack of food or the wrong kind of food brings lasting ills to the community as well as to the child and the family. There is a new appreciation of these vital facts.

So the child's food nowadays is everybody's concern. Parents must see to it,

MEMORANDUM FOR THE DIRECTOR
(WASHINGTON) 10/10/44

SUBJECT: [Illegible]

Reference is made to [Illegible]

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CONCLUSION

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and
the community must not neglect it; for upon the child's food and other controllable conditions of his life very largely depends his health. Public welfare organizations, local, State, and National governments, are all devoting special efforts to the factors that make for the health of children.

The Bureau of Home Economics of the U. S. Department of Agriculture makes special studies of food for children. Particularly in these recent years, it works with relief agencies to spread information about the special needs of children and the way to protect child health when food supplies are low. Now, more than ever, "Children first," should be the slogan where there is not enough food to go round.

The child's diet under any circumstances, according to the child health specialists, must include milk and should include cod-liver oil. At the very least, a pint of milk a day, preferably a pint and a half to a quart. If the child is less than 2 years old, he needs 2 teaspoonfuls of cod-liver oil each day (he ought to have 4) to make sure he is protected against rickets.

He needs other foods, too -- orange juice or tomato juice and a vegetable or fruit every day (3 or 4 if possible are advised) with plenty of bread and cereals. Next best to milk, eggs are one of the foods all children should have. In fact, eggs contain some food substances that milk does not contain in any appreciable quantity (such as iron and vitamin D) and therefore are an excellent supplement to milk. Meat at least twice a week adds to the iron and effective protein in the child's diet.

Almost as important to the child as milk and cod-liver oil is sunshine -- out-door sunshine. In summer, many children can get sunshine who cannot get the best food. Sunshine does not take the place of milk, or other ordinary food, but it does help the child to grow and develop good bones. The sunlight on the child's bare skin produces in his body one of the same vitamins -- vitamin D -- that he gets in cod-liver oil and in egg yolk. This vitamin, along with milk, keeps the

child from developing rickets. Or if he has rickets, it will help to cure him of that disease.

For children, as for adults, a carefully selected variety of food is necessary for an adequate diet. Even the baby should have some variety, for with variety come vitamins, especially in the tomato juice or orange juice prescribed for him every day. Very soon he should have cereals, egg yolk, and greens. Milk soups, with finely chopped vegetables in the milk, also give variety to the small child's diet. Custards, puddings, fruit whips, and such desserts, are highly nutritious.

Except that the form is usually different for the very young child, the same kinds of food may well be provided for the whole family. This is one way to relieve the busy mother -- the serving of the same meal for parents and children. The little tot will not eat as much as the six-year-old, and the six-year-old will not have the big appetite that usually characterizes the boy of 10 or 12. But each and all of them should have milk and vegetables and fruits, eggs as often as income allows, and cereals, meats, fish. Cottage cheese and the cream cheeses are good, and liver is one of the best ^{of} meats for children. Fortunately, too, the cheap kinds of liver are practically as nutritious as the expensive kinds, and when suitably cooked are quite as attractive.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, etc.	2 $\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Top Milk
Tomato Juice for youngest child
Toast
Coffee (adults) - Milk (children)

Dinner

Liver and Bacon
Mashed Potatoes and Milk Gravy
Green Beans
Chocolate or Cocoa Cornstarch Pudding

Supper

Shoestring Carrots in Milk
Buttered Toast
Canned Fruit or Stewed Dried Apricots
Milk for all

RECIPES

Liver and Bacon

$\frac{1}{2}$ pound sliced bacon
1 pound sliced liver
Salt

Pepper
Flour
Parsley

Cook the bacon slowly in a skillet. As soon as it is delicately browned and crisp, drain on paper, and keep warm. Wipe the liver, and if it is hog or lamb liver scald for a few minutes in hot water. Beef and calf liver does not need scalding. Sprinkle the pieces of liver with salt and pepper, dip in flour, and cook in the bacon fat at moderate heat until the liver is lightly browned. Serve surrounded by the crisp bacon on a hot platter and garnish with parsley. If gravy is desired, reserve 2 tablespoons of the fat, add 2 tablespoons of flour, and $1\frac{1}{2}$ cups of milk or cold water, and stir constantly until thickened. Season with salt, pepper, and a little minced onion. Serve hot with the liver and bacon.

Shoestring Carrots In Milk

Wash and scrape young carrots, cut in slices lengthwise, and then into narrow strips. If the carrots are large ones, cut the strips in half. Heat milk to boiling and add the carrots and salt. Simmer for about 10 minutes or until tender. Add butter or other fat and serve with the milk as sauce. Thickening may be added, if desired.

Creamy Rice With Apricots

$\frac{1}{2}$ cup rice
1 cup boiling water
 $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup sugar
2 cups chopped fresh fruit
or dried fruit soaked
and cooked.

Cook the rice over direct heat in the cup of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the milk, salt and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk. Canned grated pineapple gives an excellent flavor.

UNITED STATES DEPARTMENT OF AGRICULTURE

REPORT

ON THE
CULTURE OF THE
SILK-MOTH

BY

EDWARD

AND

JOHN

OF THE

DEPARTMENT OF AGRICULTURE

WASHINGTON, D. C.

1900

1900

CONTENTS

INTRODUCTION

Page

1

1

1

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1

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